



How To Be HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES

Ways of Avoiding and Curing Colds



Don't Over-Eat

ALL days are apt to spell coughs, colds, sore throat and a score of like ills that flesh is heir to. It's a pity, too, not to be looking and feeling your best in such glorious weather as this season usually brings. But the ancients tell us that "every rose must have its thorn," and this bright, crisp weather is more often than not at the root of our early fall colds.

The summer girl is loath to give up the dainty summer apparel that has probably brought her many conquests and much joy. It's hard to part with the filmy, becoming frocks, wraps that are beautiful but without the slightest qualification of protection, low slippers, etc., and so you will find her attired in all the regalia of summer, when the cool, crisp fall days demand a warmer garb.

To be sure, there is nothing very beautiful or poetic about the precautionary measures against colds; but after this affliction is upon you, let me tell you that you will deeply regret this neglect. Is there anything more annoying or unbecoming than a cold? A description of the symptoms is unnecessary, for we have all had them so often that they are fresh in our minds.

The best way to avoid taking cold is to observe the ordinary rules of hygiene. The clothing should be evenly distributed over the body, and it should be suitable to the season and climate. Soft wool next to the body is a great protection in our changeable climate, and I advise the girl who wants to wear thin lingerie waists all the winter through to array herself in either undergarment or corset cover of the lightest weight wool. These garments are not in the least bulky, and are not visible through the silk slips which are worn under the thinnest and sheerest blouses.

Wet feet should always be avoided; but if by any chance your feet should get wet, change your damp shoes and stockings for dry ones at the earliest possible moment. Nothing will induce cold so quickly as sitting with the feet wet.

Overeating and lack of exercise will put the body in such a condition that

you will take cold at the slightest change in temperature. The system becomes clogged, and more readily susceptible to cold.

Even after the cold has started, much can be done to throw it off. But unless it is attacked promptly, vigorously, and intelligently at its outset, it will run its course.

The old-fashioned method of getting the patient thoroughly warmed after any chilling exposure is a good one.

I can heartily recommend as a remedy a glass of hot lemonade, made of fresh lemon juice and boiling water, sweetened with honey. This should be taken after the patient is warmly tucked in bed, so that there will be no danger of further chilling.

Many colds start with a "raw throat." Frequent gargling with an antiseptic solution will do a great deal to check this trouble. A very convenient way of irrigating throat and nostrils thoroughly is by means of a nasal douche. Many persons find this more satisfactory and much easier to use than an atomizer.

It is a simple little glass vessel, shaped something like a baby's feeding bottle. Into the largest end you pour the liquid which you intend using, and then over this end you place the tip of your finger, placing the opposite end in the nostril, having the head thrown well back. When you remove your finger the liquid will flow gently up the nostril, running down the back of the nose into the back of the throat, when it can be ejected from the mouth. By treating each nostril in this manner the liquid will be forced to penetrate to every portion of the nose and throat.

Not the least unpleasant by any means of the ill attendant upon a cold in the head is the uncomfortable, unbecoming "cold sore" or "fever blister." If taken in time its further development can often be stopped by the application of a bit of alum. Moisten this, and rub gently but thoroughly over the spot. If, however, the blister has already formed and broken, there is nothing more healing to apply than old-fashioned camphor ice, which comes in stick form.

HOUSEHOLD HEALTH HINTS

IF YOU cut your hand and are hindered in your work by its bleeding, try the effect of an application of ground rice or flour. This has been proved a great success in almost stopping the flow of blood from a severe cut.

An apostle of physical culture says that an excellent and never-failing cure for nervous headache is the simple act of walking backward. Ten minutes is as long as is usually necessary to promote.

For rheumatism try the very simple cure of boiling water. Take at least a pint before retiring at night. The object of taking boiling water late at night is that during the hours you are resting and the digestion is not being tried the boiling water can do its work on the gastric juices.

For the sick room a simple disinfectant is made by putting some ground coffee in a saucer and in the center a small piece of camphor gum. Light the gum with a match. As the gum burns allow the coffee to burn with it. The perfume is refreshing and healthful, as well as inexpensive.

Where one is just recovering from a long illness or is a chronic invalid, it is often a good plan, if permissible, to move him or her from one bedroom to another, a week, perhaps, in one and then a week in another. This will give variety, for an invalid tires of seeing the same furnishings and bed-a-bronch in the same place day after day and week after week. It has been suggested that an invalid or patient who is convalescing, and can be moved, might sleep in one bedroom and spend the daytime in another.

Rustics who live on a bread and milk diet nearly always have heavy hair to

an advanced age, while people who lunch and dine on meat rarely have after twenty-five. A clever and well-known doctor asserts that meat-eating and baldness go together, and he has often checked cases of falling hair by treating with local treatment a diet of milk, eggs and fruit. After all, the most simple method of curing for the hair are the best—daily brushing until the scalp is clean and kept free from dandruff, with very little washing with hard soap, etc., that will irritate the scalp, and often hair that is thin and poor in quality may be made thick and glossy by this systematic care.

The upper teeth should be brushed downward and the lower teeth upward from the gums. Do not brush the teeth crossways, as they are apt to become loosened, and the gums will also suffer. The inside of the teeth should be brushed in the same way. Tepid water is the best to use, both for cleaning the teeth and rinsing the mouth afterward. The tooth brush should be small and curved, so that the bristles can get in all the interstices of the teeth. It should not be too hard, and when a new tooth brush is purchased it should be soaked in water for several hours before using. If the brush is dried on a towel after being used, and stood up end in the air, it will last much longer.

Ye Molten Lead.

Hold in one hand a door key. With the other hand pour melted lead from an iron spoon through the handle of the key into cold water. The lead will take strange shapes, indicating the profession of the girl's future husband. A plow is for a farmer, a book for a professional man, a ship for the navy.



Wet Shoes Should Be Removed Immediately

HEALTH AND BEAUTY ADVICE

By MRS. HENRY SYMES.

To Keep the Hair Light.

In last week's paper I found a shampoo that you gave to "Daisy" in answer to her question for something that would make the hair lighter. I took the clipping out of the paper, but in some way I have lost it, and I want to know if you will kindly send the recipe to me. I think it contained, among other ingredients, "carbonate of soda." Will you tell me whether you think that soda in any form will injure the hair, if used, of course, with discretion? I have heard that it would, but would like to have the opinion of an authority on that subject. I have been washing my hair with sage tea, and find that it has turned it quite a lot darker, so that it has lost the golden glints that it had, and so I want to get something to remedy that trouble, if it will do the work without injury.

C. H. C.

The shampoo for keeping the hair light is perfectly harmless, if used in moderation—that is, not more than once in two weeks.

SHAMPOO.

Potassium carbonate, 1 ounce; ammonia water, 1½ ounces; tincture of cantharides, 5 drams; bay rum, 4 ounces; alcohol, 4 ounces; water, 6 ounces. Dissolve the potassium carbonate in water and add the remaining ingredients. Rub well into the roots. Rinse thoroughly in several waters, then dry carefully.

Stubborn Freckles.

I am a steady reader. I have a good, smooth complexion, with the exception

of quite a number of light freckles, which are the trial of my life. I have tried nearly all of the remedies you have given, but to no purpose. They will not depart from me. So I thought perhaps a steady use of your lemon and glycerine lotion and cucumber cream would be of some benefit, and would you kindly give me some rule for every day? Would you massage the face with the cream at night and put the lotion (demon) on in the morning, after washing the face, or would you use the lemon lotion at night and the cream in the morning? Also, in staining the face, as you gave in last week's paper, would that be good to remove freckles, and, also, would the cucumber cream be right to massage the face with after steaming, or would orange-flower cream be better for that?

POLLY.

As your freckles seem to be stubborn, I am giving you formula that has been successful in obstinate cases. The cucumber cream is a lotion to soften a white skin. The orange-flower cream is also good for this and, in addition, is a skin food.

ORANGE-FLOWER CREAM.

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; tincture of cantharides, 5 drams; bay rum, 4 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 30 drops.

Melt the first five ingredients together. Take off the fire and heat until nearly cold, adding little by little the benzoin, and lastly orange-flower water.

OBSTINATE FRECKLES.

Oxide of zinc, ½ dram; sublimate of

bismuth, ¼ dram; dextrin, 1½ drams; glycerine, 1½ drams.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

To Keep Complexion Fair.

I have been a reader of your health and beauty column for some time, but have never written to you before. Would you please publish in next week's paper something to make the skin lily white, but will not in any form injure it? I am sixteen years old, and have the best of health, but my face is thin and brown. A great part of it may be due to being in the sun, as I live on a farm and am out of doors a great deal. I have a few blackheads, which annoy me a great deal.

Also the formula to make the hair grow thick. I have dark brown hair, but want it black, and do not want to dye it. Could I put anything in the other formula to make it grow dark? GRATEFUL.

It will be difficult to keep your complexion fair if you are out of doors most of the time, unless you care to wear a heavy veil. Should not think you would object to a good, healthy color. However, you can help matters by rubbing the skin with cucumber lotion and dusting it over with a good powder before exposure to the sun. The quinine tonic will be good for your hair.

QUININE HAIR TONIC.

Sulphate of quinine, one dram; rose-water, three ounces; dilute sulphuric acid, fifteen minims; rectified spirits, two ounces. Mix, then further add: Glycerine, one-quarter essence rovalle or essence musk, five or six minims. Agitate until solution is complete. Apply to the roots of the hair every day. Recipe for growing eyebrows, and please tell me if you think it possible for your eyebrow to grow again after having been taken off? I had the misfortune to hurt my eye and forehead getting on a car, which took half the eyebrow off.

MILDRED.

Scanty Brows.

If you massage the parts where the eyebrows do not grow with a good skin food daily, and apply the ointment given below, you will soon notice the desired improvement.

ointment for SCANTY EYEBROWS. Vaseline, two ounces; tincture of cantharides, one-eighth ounce; oil of lavender, fifteen drops; oil of rosemary, fifteen drops.

Mix thoroughly. Apply to the eyebrows with a tiny tooth brush once a day until the growth is sufficiently stimulated; then less often.

This ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.

To Bleach the Skin.

Will you please give the proportions of lanolin and peroxide to use as a bleach for hands and face? G. M. B.

Four a little of the peroxide in a

saucer and apply with a soft cloth. When this is dry rub in a small quantity of lanolin.

Blackheads on Nose.

Seeing how helpful you are to your readers, I thought I would drop you a line on the following: My nose seems to be just a nest for blackheads, which, when I try to press out, only break open the skin and leave bruises. I have used hot water and first-class quality of soap for a wash; then I massage with a good quality of cold cream; but a day following this treatment I can turn around and get just as many more blackheads out again. In fact, they don't seem to be blackheads at all, but just simply what you might call pus. After I press this pus out, it leaves little holes, besides a redness. I wish you would, if possible, help me in some way, as I am ashamed to go around in company. I am a young man of twenty years, and look fairly well outside of this affliction. A. B. C.

Do not use cold cream on your nose. Apply, instead, the lotion given below. Abstain from rich foods, pork, hot breads, etc., and go in for hygienic living. Drink quantities of water between meals. Take some form of light exercise if possible, and spend as much time in the open air as possible.

BLACKHEADS OF THE SKIN. Boracic acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces.

Use with friction twice a day on the skin affected.

Line Between the Eyes.

Would you kindly tell me just how to massage two lines between the eyes? If it is necessary to massage every night; if so, how long? Also some toilet water to put on the face after using cream, as my skin is a little inclined to be oily. F. M. I.

To affect this obdurate line you must adopt a persistent and repeated squeezing, pinching, and twisting of the flesh between the fingers. Set some number, say 100, and to every wrinkle apply 100 manipulations each sitting. Be careful not to bruise the flesh nor abrade the skin. For the first few days treat the face in this way two or three times daily, devoting about twenty minutes to the operation each time, using a good face cream.

If your skin is oily, wash the face with clear warm water after applying face cream; then pat all over with any good toilet water and dust over with powder afterward.

Annoying Pimples.

Would you kindly tell me through your column what would be a sure cure for blackheads, freckles and pimples. The pimples I have on my face seem to be different from what I read about in your column, and I have tried so many remedies without any relief.

The pimples come within an hour or so. First, they swell up and itch, and when I take a needle and prick them, some white thick stuff comes out. If it is all pinched out they will heal up in a few days; but if a portion is allowed to re-

main, it will swell up again and hurt like everything.

Trusting that you can give me some information in regard to this nuisance, as I am a stenographer and it annoys me terribly to have my face breaking out all the time. I am a steady reader of your columns. J. M. B.

The first step toward improving your complexion will be to improve your health. Pimples are an outward indication of some inward disturbance, and until this is righted they will continue to disfigure your face. The cream for which formula is given is an excellent healing agent, but it cannot prevent the reappearance of the eruption. Frequently pimples are due to digestive trouble, in this case careful diet is necessary, with plenty of fresh air and exercise. For the freckles, try the glycerine and lemon lotion so frequently published in this department.

FOSSATI CREAM FOR PIMPLES. Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple.

Hair on Upper Lip.

Can you give me a recipe for removing hair from the upper lip (mustache) without resorting to electricity? I would be very grateful to you if you can advise of something to do. A. A.

A liquid depilatory may be obtained from any druggist which will remove the hair from the lip, but not permanently. If this is used, bleaching with peroxide of hydrogen will make it less noticeable.

Superfluous Hair on Arms.

I noticed in yesterday's paper, in your beauty recipes, this one, to whiten the hands.

Lanolin, 100 grams; paraffin, 25 grams; extract vanilla, 10 drops; oil of rose, 1 drop.

I want to try this on my hands as I am very anxious to get them white, but I want you to tell me please, if there is anything in this "mixture" that will cause the hair to grow on my hands, as there is already some hair on my hands. I want to be careful and use nothing that will increase it. I will be so thankful if you will tell me of something that will take the hair off my arms. From the wrist to the elbow the hair is long and coarse. Is there some paste or wash I could use that would take it off? B. M. M.

The cream to whiten the hands will not promote the growth of superfluous hair. Try the pumice treatment for the removal of superfluous hair from your arms.

PUMICE TREATMENT FOR SUPERFLUOUS HAIR.

Get an ordinary 5-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair, rub the skin afflicted with the superfluous growth, and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream. The pumice stone is best used at night, before retiring.



Treating the Inevitable Cold Sore



Best Way of Irrigating Nose and Throat



A Hot Drink after Exposure